

Springdale Parks and Recreation

2016 Youth Football Rules and Regulations



The Springdale Parks and Recreation Youth Football program is designed to provide the youth with a fun introduction to the sport of football and to promote sportsmanship. We want all of the children involved in our program to have an enjoyable experience. We, of course, want to promote good competition in this program to give all the participants a realistic feel of the sport, but we do not want the teams to get too focused on winning every game. Having fun and keeping all of the participants happy should be the focus of everyone involved in this program. Equal participation for each participant in this program is a requirement.

Leagues

- I. 4th Grade: Children entering into 4th grade will be placed in this league.
- II. 5th Grade: Children entering into 5th grade will be placed in this league.
- III. 6th Grade: Children entering into 6th grade will be placed in this league.

General League Rules

- I. Every player must play half of a game on offense and half of that same game on defense.
 - a. If fewer than twenty-two (22) players show up at a game, the coach must designate the name of the player(s) that will play both ways (the opposing team will have to option to do the same). The player(s) that plays both ways may only play one (1) skilled position on offense and defense per half. Players are never allowed to play two (2) skilled positions in one half. Skilled positions include; running back, quarterback, and wide receiver.

Scenario 1

Team A starts the game with 22 players, and Team B starts the game with 22 players. No team will have the option to play any players on offense and defense in the same half. Both teams will have 11 players on offense and 11 players on defense. After half time, the 11 players that played on offense for the 1st half will now have to play defense for the 2nd half, and the 11 players that played on defense for the 1st half will now have to play offense for the 2nd half. At no point will any player play on offense and defense in the same half: unless, one team drops below 22 players due to player injury or sickness.

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Scenario 2

Team A starts the game with 22 players, and Team B starts the game with 25 players. During the game, a player from Team A gets injured and has to sit out. Team A would now have 21 players that are able to play the game, so they now have to designate 1 player to play on offense and defense for that half. Since Team A has 1 player playing on offense and defense, Team B will have the option to play 1 player on offense and defense as well. If during the game the injured player has recovered from their injury and wish to return to play, Team A will be back at having 22 players and will no longer have the option to play any players on offense and defense in the same half. Since Team A is no longer under 22 players and not eligible to play any player on offense and defense in the same half, Team B will no longer have the option to play any players on offense and defense either.

Scenario 3

Team A starts the game with 19 players, and Team B starts the game with 22 players. Since Team A is starting the game with fewer than 22 players, Team A will have to designate 3 players to play on offense and defense in the same half, so they may field all positions on offense and defense. Since Team A is having to play 3 players on offense and defense, Team B will have the option to play 3 of their players on offense and defense as well. If at any point during the game Team A gains 3 or more players and their numbers rise to 22 or more players, neither team will have the option to play any players on offense and defense in the same half.

- II. No new players will be added to a team's roster after the third game of the season. The only exception deals with player injury, which will be determined by the Recreation Program Coordinator on an individual basis.
- III. Coaches must provide their lineup to the opposing coach and referee before the start of the game. This lineup shall designate offense and defense for both halves.
- IV. Coaches are responsible for picking up the trash from their sideline and practice facility.
- V. The Home Team will be responsible for finding three (3) volunteers for games. Two (2) will work the line-to-gain chain and one (1) will work the down-marker. (Parents, siblings, and friends are acceptable. No coaches or assistant coaches.)
- VI. Coaches are to remain on the sideline during games. However, 4th Grade coaches may take the field ONLY if it is to assist in coaching their players during a dead ball.
- VII. Teams are limited to four (4) meetings per week. Games count as one (1) meeting.
 - a. Mondays, Tuesdays, and Thursdays will be the designated practice days. Wednesdays will be reserved for Monday and Tuesday's make-ups and Fridays will be reserved for Thursday's make-up practices only in the case of inclement

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weather. For example: If your team's practice gets rained out on Monday and Tuesday one week, you will only be able to practice on that Wednesday and Thursday.

- b. Practices are limited to ninety (90) minutes once the first game has been played. Practices are allowed to be one-hundred-twenty (120) minutes leading up to the first game. No exceptions.

VIII. Each team is only permitted three (3) coaches.

IX. The head coach will be ejected if they receive the combination of penalties listed below. Also, if the coach receives the combination of penalties below, he will be suspended for one game.

- a. Two (2) direct unsportsmanlike conduct penalties.
- b. Three (3) indirect unsportsmanlike conduct penalties.
- c. Two (2) indirect and one (1) direct unsportsmanlike conduct penalties.

X. If a team receives a total of six (6) unsportsmanlike conduct penalties (direct or indirect) during a game, that team will forfeit that game.

Game Rules

I. Number of Players

- a. Each team will be allowed thirty (30) players on their team.
- b. Each team is allowed to field eleven (11) players at a time. (Offense & Defense)
- c. Free substitutions are allowed for any position during a dead ball or timeout.

II. Equipment

- a. Shoulder pads, helmets, jerseys, and footballs will be provided in this league.
 - i. For 4th and 5th Grade: A junior size football will be used in this league.
 - ii. For 6th Grade: A youth size football will be used in this league.
- b. Players should provide their own football pants with pads, mouthpiece, and rubber sole cleats.
- c. If a player's helmet comes completely off through play, other than as the direct result of a foul by an opponent, the player must leave the game for the next down.

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The game clock will stop at the end of the down. A team timeout is permitted to allow the player to remain in the game.

- i. A player whose helmet comes completely off may not continue to participate during the play, nor should an opponent intentionally make contact with a player whose helmet has come completely off during the play (personal foul). Penalty: fifteen (15) yard penalty for either infraction.

III. Duration of Game

- a. Each game will begin with a coin toss where the visiting team captain will choose "heads" or "tails" before the coin is tossed.
- b. Each game will consist of four (4) ten (10) minute quarters with a five (5) minute halftime and one (1) minute in between each quarter.
 - i. If time for any quarter expires during a down, play shall continue until the down ends, even though a mechanical signal is allowed to sound.
 - ii. The clock will run continuously. The clock will only be stopped for timeouts, player injury, touchdown, and in the last two (2) minutes of each half for any and all penalties.
 1. If a team is ahead by twenty-eight (28) points or more in the last two (2) minutes of the last half, no timeouts will be rewarded and the clock will run continuously.
 2. If a team is ahead by thirty (30) points or more at any point during the game, the team that is down will receive the ball on the forty (40) yard line after touchdowns.
- c. Each team is permitted one (1) one (1) minute timeout per half. Timeouts do not rollover to the second half.
- d. There will be a play clock of thirty (30) seconds kept by the officials on the field after the ball is ready for play.
- e. No overtime. If teams are tied at the end of the time limit, games will end in a tie.

IV. Kickoffs and Punts (kicking the ball will NOT be allowed)

- a. There will be no kickoffs. At the start of the game and after a touchdown has been scored, the ball will be placed on the thirty (30) yard line.

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- b. If a team decides to punt the ball, the ball will be moved thirty (30) yards from the line of scrimmage. If inside the opponent's forty-five (45) yard line, the ball will be placed on the opponent's twenty (20) yard line.
- c. Extra Point: Since teams in this league will not kick field goals, after a touchdown has been scored, the team will have the option to take the extra point (be rewarded one (1) point) or go for a two (2) point conversion.

V. Snapping the Ball

- a. After the ball is ready for play and before the snap begins, no false start shall be made by any offensive player. It is a false start if a shift or feigned charge simulates action at the snap; any act is clearly intended to cause the defensive team to encroach. Deadball penalty of five (5) yards.
- b. Offside will be called when a player is on the wrong side of the line of scrimmage when the ball is snapped. This foul occurs simultaneously with the snap. Deadball penalty of five (5) yards.
- c. There will be NO lining up over the Center on the line of scrimmage. NO nose guard will be allowed. One (1) warning will be given, but if player(s) continue to disregard this rule, a five (5) yard penalty will be given.
 - i. A defensive player lined up over the snapper must be positioned five (5) yards off their line of scrimmage regardless of the offensive team's formation until the ball is snapped.
 - ii. Linebackers must be positioned at least four (4) yards off their line of scrimmage until the ball is snapped. Exception: If inside the ten (10) yard line, players may position themselves closer, but 'Rule V. Section c. Specification i.' is still in effect.
- d. Quarterback sneaks will not be allowed inside the 'A Gap'. Quarterback sneaks may occur only if the quarterback runs outside the right or left guard, or if the offensive team is lined up in a shotgun formation.

VI. Penalties (This list only includes the more common penalties. Other penalties not mentioned still apply.)

- a. Pass Interference – is a foul that occurs when a player interferes with an eligible receiver's ability to make a fair attempt to catch a forward pass. No uncatchable rule. Fifteen (15) yard penalty.

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- b. Block in the Back – blocking an opponent in the back is illegal when it is not an attempt to ward off a blocker, reach a runner or catch or recover a loose ball. Ten (10) yard penalty.
- c. Clipping – is a block against an opponent when the initial contact is from behind, at or below the waist and not against a player who is a runner or pretending to be a runner. Fifteen (15) yard penalty.
- d. Holding – an offensive player (except the runner) shall not use his hand, arms or legs to hook, lock, clamp, grasp, encircle or hold in an effort to restrain an opponent. Ten (10) yard penalty.
- e. Tripping – is the use of the lower leg or foot to obstruct an opponent, who is not the runner, below the knee. Fifteen (15) yard penalty.
- f. Tackling/Horse-Collar – all players are prohibited from grabbing the inside back or side collar of the shoulder pads or jersey and pulling an opponent down (horse-collar). Fifteen (15) yard penalty.
- g. Facemask Fouls – no player shall grasp an opponent's facemask or any edge of a helmet opening, including the chin strap. Fifteen (15) yard penalty.
- h. All Personal Fouls will result in a fifteen (15) yard penalty.

VII. Miscellaneous Items

- a. If a player is bleeding or has an open wound, he or she will be prohibited from playing until the bleeding has stopped or the wound has been treated.
- b. The referee, as well as any staff member, has the right to remove anyone from the playing field or end a game if he or she deems it necessary. Meaning please demonstrate good sportsmanship and respect.

VIII. Weather Policy

- a. In the case of inclement weather before or during the start time of the game, the game may be canceled.
- b. If games do get canceled, we will let you know the earliest make-up date possible.
- c. If games are able to make it half way through the second half before getting canceled for any reason, that game will be considered a regulation game and will not be rescheduled. If game are unable to make it half way through the second half, then the game will be made up from the point that the game stopped.

IX. Reference

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- a.** This rulebook is an interpretation from USA Football: Youth Football Rules Book 2014.
- b.** Anyone wanting further interpretations of league rules, please refer to the official rule book from USA Football at www.usafootball.com.

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